

WEIGHT LOSS DIET

MORNING DRINK- 1cup turmeric tea+30gms seed mix

BREAKFAST OPTIONS-

2DAYS- 1hummus toast+1boiled egg/sweet potato chaat

2DAYS- chocolate chia seed pudding /corn and spinach sandwich

3DAYS- 2sunny side up/oats upma

MID- MORNING- sattu drink/any seasonal fruit

LUNCH-

2DAYS- 1roti+any dal or sabji+salad+curd [you can use any flour to make roti]

2DAYS- rice+any curry or dal+salad /sprouts pulao+beetroot raita+salad

2Days- 1ghobhi prantha+any sabji+salad /chicken wrap

1Day- meal of your choice

EVENING SNACK- green tea/milk tea +any seasonal fruit/khakhra /popcorn

DINNER-

3DAYS- quinoa chicken salad/ mushroom soup+30gms grill panner

2DAYS- rajma tikka+green chutney/milk daliya

2 DAYS- 1veg. uttapam+sambhar /makhana chaat

BEDTIME- 1cup chamomile tea

Snacking and munching options when you feel hungry-

1. 1 bowl Popcorn
2. 1 bowl Makhanas
3. 1 Fruit
4. 1 glass Buttermilk
5. Nuts- 2 almonds or 3 walnut halves
6. 1 Cucumber (salads)
7. 1 Plain khakhra
8. 1 katori Roasted chana

9. 1 bowl sukha Bhel 10. 1 bowl jowar puffs

Sweet Cravings:

1. 1 date
2. 1 fruit
3. 1 dry fruits ladoo
4. 1 oats ladoo
5. 2 pieces of dark chocolate

DOs / DONTs

1. Should have frequent and small meals.
2. Have at least 2-3 liters of water a day.
3. Have at least 7 hours of sleep daily.
4. Avoid the intake of sweetened drinks like colas, juices, etc. 5. Avoid adding salad dressing/mayo/any other type of sauces. [Only vinegar dressing is allowed] avoid adding excess of spices and oil in food.
6. For mid night cravings you can go for any fruit/roasted makhana/chana.
7. Vegetables - all seasonal vegetables are allowed except arbi.

Potato is allowed only once a week.

8. Fruits - all fruits except banana and sapota are allowed except on detox diets. But you can use banana in smoothies as instructed in the diet.
9. Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.
10. Do not add extra salt in salads, curd, fruit salad. Avoid papad.
11. Always use low fat milk and its products.
12. Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.
13. Choose multigrain / wheat bread
14. Limit your sugar intake to not more than 2 tsp a day or avoid it
15. Manage your stress and Do some deep breathing at any time of the day.
16. Sugar cravings you can have 1 date, 1 oats laddoo, 1 dry fruit laddoo, 1 spoon peanut butter,

